



For now and beyond the bushfires



It is normal for a traumatic event to affect you emotionally and physically, or may re-trigger previous memories and emotions. You may also need practical assistance to help you get back on your feet.

Where to go and who can help?

Bushfire Counselling Service on **1300 514 811** between 9am-6pm Mon-Fri to access free counselling services and advice on options.

Bushfire Case Support Program on **1800 560 760** between 8am-6pm Mon-Fri 9am - 5pm Sat & Sun to access practical support & advice around:

- Your needs & options
- Available services & support
- Financial grants information
- Financial counselling & assistance
- Paperwork: information & advice
- Business owners: information & advice
- Property clean up registration

For urgent assistance



Speak to your GP,
Your local health professional
Call Lifeline on **13 11 14**

For Mental Health Crisis: **1300 881 104**

For online / Phone App support



- headtohealth.gov.au
- smilingminds.com.au
- moodgym.com.au
- mindspot.org.au



For more information, please visit www.apmha.com.au/bushfires/

This activity is supported by funding from Murray PHN through the Australian Government's PHN Program.